

## California 5 a Day— Be Active! Worksite Program


In order to increase employee access to healthy food options at work, the *California 5 a Day—Be Active! Worksite Program* is encouraging employers to implement the following healthy dining menu standards at their onsite cafeterias or dining facilities. Once you have begun providing menu options that meet these healthy standards at your worksite, we encourage you to branch out and recruit nearby restaurants to implement the standards as well.

## HEALTHY DINING MENU GUIDELINES

### Healthy Dining<sup>1</sup> Entrée Guidelines

The following check-mark system (✓✓ and ✓) should be used to identify full entrées/meals that meet Healthy Dining's nutrition guidelines<sup>2</sup> for calories, fat, cholesterol, and sodium.


<b>Calories:</b>	✓✓	Excellent Choice:	0 to 450 calories/entrée
	✓	Good Choice:	451 to 750 calories/entrée
<b>Fat:</b>	✓✓	Excellent Choice:	0 to 15 grams (g)/entrée
	✓	Good Choice:	16 to 25 grams (g)/entrée
<b>Cholesterol:</b>	✓✓	Excellent Choice:	0 to 75 milligrams (mg)/entrée
	✓	Good Choice:	76 to 150 milligrams (mg)/entrée
<b>Sodium:</b>	✓✓	Excellent Choice:	0 to 300 milligrams (mg)/entrée
	✓	Good Choice:	301 to 600 milligrams (mg)/entrée

The entrée guidelines also include an emphasis on fruits and vegetables. A symbol such as  should be used on menus to indicate entrées that provide at least 2 servings (approximately 1 cup) of fruits or vegetables.

### Healthy Dining Guidelines for Side Dishes, Appetizers, and Desserts

The following check-mark system (✓✓ and ✓) should be used to identify side dishes, appetizers, and desserts that meet Healthy Dining's nutrition guidelines<sup>3</sup> for calories, fat, cholesterol, and sodium.

<b>Calories:</b>	✓✓	Excellent Choice:	0 to 150 calories/serving
	✓	Good Choice:	151 to 250 calories/serving
<b>Fat:</b>	✓✓	Excellent Choice:	0 to 5 grams (g)/serving
	✓	Good Choice:	6 to 8 grams (g)/serving
<b>Cholesterol:</b>	✓✓	Excellent Choice:	0 to 25 milligrams (mg)/serving
	✓	Good Choice:	26 to 50 milligrams (mg)/serving
<b>Sodium:</b>	✓✓	Excellent Choice:	0 to 100 milligrams (mg)/serving
	✓	Good Choice:	101 to 200 milligrams (mg)/serving

The guidelines for side dishes, appetizers, and desserts also include an emphasis on fruits and vegetables. A symbol such as  should be used on menus to indicate side dishes, appetizers, and desserts that provide at least 1 serving (approximately ½ cup) of fruits or vegetables.

### Sample Recipes

For recipes that meet these guidelines, please visit [www.ca5aday.com/worksites/recipes](http://www.ca5aday.com/worksites/recipes).

<sup>1</sup> As featured in the book series Healthy Dining ([www.healthy-dining.com](http://www.healthy-dining.com)).

<sup>2</sup> The entrée/meal guidelines are based on ⅓ of the daily nutrition guidelines recommended by leading health organizations.

<sup>3</sup> The calorie, fat, cholesterol, and sodium guidelines for side dishes, appetizers, and desserts are equal to ⅓ of the entrée guidelines.

## How Can I Make My Onsite Dining Choices Healthy?

Working with your employer, send a fax similar to the sample below to your onsite food service provider regarding the nutritional quality of food items offered in your dining facilities. Remember to include the Healthy Dining Menu Guidelines as part of your fax.

(Insert Your  
Company Name )

# Fax

<b>To:</b>	<b>From:</b>
<b>Fax:</b>	<b>Pages:</b>
<b>Phone:</b>	<b>Date:</b>
<b>Re:</b> Healthy Dining Options	<b>CC:</b>

Dear \_\_\_\_\_,

In an effort to improve the health of our employees, I would like to ensure that all the food offered in our dining facilities meets recommended nutrition guidelines. Please provide me with information on how the food offered rates based on the attached nutrition guidelines.

Please contact me immediately to discuss Healthy Dining options further. Thank you.

Sincerely,

Name:  
Business Name:  
Telephone Number:  
Email Address:

To download the fax form above, please visit [www.ca5aday.com/fitbusinesskit](http://www.ca5aday.com/fitbusinesskit)



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